

◆ **WHEN SHOULD YOU HAVE A MAMMOGRAM?**

- ◆ One baseline mammogram between the ages of 35-39.
- ◆ A mammogram every year between the ages of 40 and 64.
- ◆ After the age of 64, a mammogram every 2 years.
- ◆ For women of childbearing age, the best time to have a mammogram is during the week following the end of your menstruation.

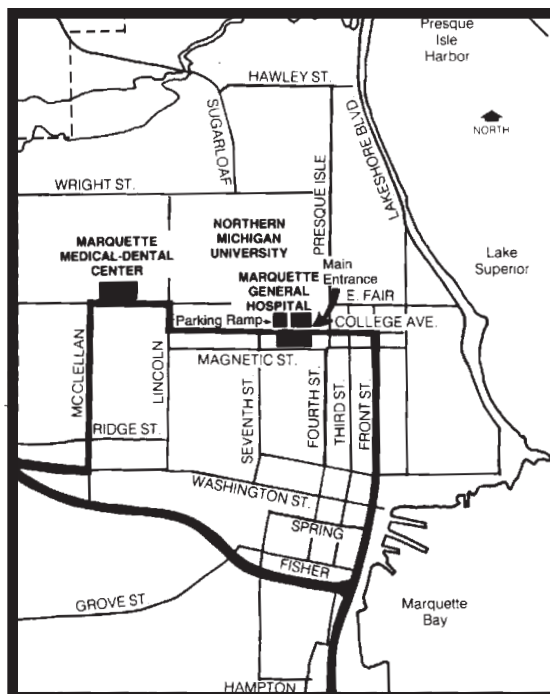
◆ **WHERE SHOULD YOU GO?**

- ◆ Please arrive 15 minutes before your scheduled appointment time. Mammograms are done by appointment only.

Imaging Services located at:

Upper Peninsula Medical Center
1414 W. Fair Ave.
(906) 225-7790

Marquette General Hospital
580 W. College Ave.
(906) 225-3540



Additional health information is available
through the MGH Health Information Center
(906) 225-4950
or 1-800-562-9753, ext. 4950

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PAMPHLET

HEALTH INFORMATION

About

Your

Mammogram



**MARQUETTE
GENERAL
HEALTH SYSTEM**



◆ **MAMMOGRAMS**

◆ Periodic mammograms are becoming common for women. This pamphlet has been designed by the health care professionals at Marquette General Health System to help you understand the reasons for mammographic exams and how the exam is done. We hope you find it helpful and informative.

◆ After reading this pamphlet you should be able to:

- Describe what a mammogram is.
- Describe what happens before and during the exam.
- State when women should have an exam.

◆ Mammograms are scheduled by your health care provider.

◆ **WHAT IS A MAMMOGRAM?**

◆ A mammogram is a painless exam that uses low doses of x-rays to produce radiographic images (pictures) of your breast tissue.

◆ The exam takes about 15 to 30 minutes.

◆ These pictures will be interpreted by a radiologist to look for variations that may indicate breast disease.

◆ The radiologist's interpretation will be given to your doctor who will then discuss this with you.

◆ While waiting for the x-rays to be developed, you may watch the video "Breast Self-Examination". This video shows how you can detect early signs of breast abnormalities by self-examination.

◆ **BEFORE THE EXAM**

◆ Tell your doctor and radiographer if you are pregnant or think you might be.

◆ Tell your doctor and radiographer if you have breast implants. The exam will require more views and last about 1 hour.

◆ Avoid using deodorant, powder, or perfume on your underarms or breast area. Any residue from these could cause misleading results.

◆ You'll undress from the waist up, so wear a blouse or sweater, rather than a dress.

◆ **DURING THE EXAM**

◆ The radiographer will position you, standing or sitting, for several different views of each breast.

◆ You will be asked to rest one breast at a time on the table.

◆ At the beginning of each x-ray, the radiographer will use a smooth plastic compression device to help position the breast. Compression lasts for the length of each exposure (x-ray) taken. You may experience some discomfort during this process.

◆ Two or three x-rays will be taken of each breast. As each x-ray exposure is taken, you will be reminded to remain still and hold your breath.

◆ The x-rays will be shown to the radiologist who may ask that more views be taken.

